



**Swimming**

AUCKLAND ■ NORTHLAND

**2026 AGE GROUP & OPEN  
CHAMPIONSHIPS**

(50m Long Course)

**13-15 MARCH 2026**



*Aspire*

**WEST WAVE AQUATIC CENTRE**

ALDERMAN DR, HENDERSON

# Meet programme

## Session One Heats Friday 13th March, 2026

Warm-Up: 8:00am Start: 9:00am

Event	Distance/Stroke	Gender	Event	Distance/Stroke	Gender
1	400IM TF	F	2	400IM TF	M
3	50 Back	F	4	50 Back	M
5	200 Free	F	6	200 Free	M
7	50 Fly	F	8	50 Fly	M
9	100 Breast	F	10	100 Breast	M
11	1500 Free TF	F	12	1500 Free TF	M

## Session Two Finals Friday 13th March, 2026

Warm-Up: 2:30pm Start: 3:30pm

1F	400IM Fastest Heat	F	2F	400IM Fastest Heat	M
103F	50 Back MC				M/F
3F	50 Back	F	4F	50 Back	M
105F	200 Free MC				M/F
5F	200 Free	F	6F	200 Free	M
107F	50 Fly MC				M/F
7F	50 Fly	F	8F	50 Fly	M
109F	100 Breast MC				M/F
9F	100 Breast	F	10F	100 Breast	M
11F	1500 Free Fastest Heat	F	12F	1500 Free Fastest Heat	M

## Meet programme

**Session Three Heats Saturday 14th March, 2026**

**Warm-Up: 8:00am Start: 9:00am**

13	100 Free	F	14	100 Free	M
15	200 IM	F	16	200 IM	M
17	50 Breast	F	18	50 Breast	M
19	200 Back	F	20	200 Back	M
21	100 Fly	F	22	100 Fly	M
23	400 Free TF	F	24	400 Free TF	M

**Session Four Finals Saturday 14th March, 2026**

**Warm-Up: 2:30pm Start: 3:30pm**

113F	100 Free MC				M/F
13F	100 Free	F	14F	100 Free	M
115M	200 IM MC				M/F
15F	200 IM	F	16F	200 IM	M
117F	50 Breast MC				M/F
17F	50 Breast	F	18F	50 Breast	M
119F	200 Back MC				M/F
19F	200 Back	F	20F	200 Back	M
121F	100 Fly MC				M/F
21F	100 Fly	F	22F	100 Fly	M
23F	400 Free Fastest Heat	F	24F	400 Free Fastest Heat	M

## Meet programme

### Session Five Heats Sunday 15th March, 2026

Warm-Up: 8:00am Start: 9:00am

25	200 Fly	F	26	200 Fly	M
27	100 Back	F	28	100 Back	M
29	800 Free TF	F	30	800 Free TF	M
31	200 Breast	F	32	200 Breast	M
33	50 Free	F	34	50 Free	M

### Session Six Finals Sunday 15th March, 2026

Warm-Up: 2:30pm Start: 3:30pm

125F	200 Fly MC				M/F
25F	200 Fly	F	26F	200 Fly	M
127F	100 Back MC				M/F
27F	100 Back	F	28F	100 Back	M
29F	800 Free Fastest Heat	F	30F	800 Free Fastest Heat	M
131F	200 Breast MC				M/F
31F	200 Breast	F	32F	200 Breast	M
133F	50 Free MC				M/F
33F	50 Free	F	34F	50 Free	M

# LC QUALIFYING TIMES

2026 Auckland Age Group Championships (50m)  
Age as at 13th March 2026

All Events age grouped as 12-13, 14-15, 16-17, Open

MALE				Event	FEMALE			
12-13	14-15	16-17	Open		12-13	14-15	16-17	Open
32.00	31.00	29.50	28.50	50 Free	32.50	31.50	31.00	30.50
1.10.50	1.06.50	1.04.00	1.01.50	100 Free	1.12.00	1.11.00	1.09.00	1.06.00
2.33.00	2.26.00	2.20.00	2.15.00	200 Free	2.36.00	2.30.00	2.26.50	2.25.00
5.24.00	5.12.00	5.02.00	4.50.00	400 Free	5.33.00	5.21.00	5.18.00	5.03.00
11.07.00	10.50.00	10.16.00	10.16.00	800 Free	11.28.00	10.56.00	10.40.00	10.30.00
22.30.00	21.00.00	19.48.00	19.25.00	1500 Free	22.25.00	21.20.00	20.55.00	20.55.00
38.00	36.50	35.00	33.00	50 Back	37.50	37.00	36.00	35.00
1.22.00	1.17.00	1.13.00	1.10.00	100 Back	1.23.00	1.21.00	1.18.00	1.16.00
3.00.00	2.48.00	2.38.00	2.33.00	200 Back	2.56.00	2.54.00	2.48.00	2.44.00
43.00	40.50	37.50	36.50	50 Breast	44.00	43.00	41.00	39.50
1.34.00	1.29.00	1.26.00	1.22.00	100 Breast	1.37.00	1.34.50	1.34.00	1.30.00
3.20.00	3.10.00	3.04.00	2.56.00	200 Breast	3.23.00	3.21.00	3.15.00	3.10.00
36.00	34.50	32.00	30.50	50 Fly	36.00	34.00	33.50	33.00
1.23.00	1.18.00	1.14.00	1.10.00	100 Fly	1.26.00	1.22.00	1.18.50	1.13.50
3.10.00	3.00.00	2.52.00	2.42.00	200 Fly	3.20.00	3.15.00	2.58.00	2.54.00
2.53.00	2.47.00	2.42.00	2.38.00	200 IM	2.57.50	2.53.50	2.48.00	2.46.00
6.16.00	6.02.00	5.48.00	5.35.00	400 IM	6.29.00	6.20.00	6.15.00	5.57.00

## MEET CONDITIONS & INFORMATION

Swimming Auckland Championships are conducted under SNZ, ASA & World Aquatics Rules & Regulations with the following conditions and criteria:

- Eligibility:** Entries are open to all registered competitive swimmers, who are 12 years of age and over and have achieved the qualifying times.  
Multi-classification (MC) swimmers do not have qualifying times but must have a time in the database to enter.
- Qualifying Period:** No qualifying period.
- Age:** Age as at 13th March 2026.
- Individual Entries:** Converted times can be used. All entry times must be achieved within the qualifying period to enter. Non-qualifying times (NQT) will not be accepted.
- Closing Date:** 4 March 2026 at 11.59PM
- LATE ENTRIES WILL ONLY BE ACCEPTED IN ACCORDANCE WITH ASA RULE R8.6.2. The fee for a late entry shall be \$50 per entry. No late entries will be accepted in the Control Room without payment of the correct fee.
- Entries:** To be entered directly into the SNZ Database. (including MC swimmers via the Para entry)
- Entry Fees:** Individual Entries:  
**Registered Swimmers \$16.00** per entry incl. GST.
- Payment to be made via credit/debit card at time of entry.**
- Payment by clubs:  
**Direct Credit** : Account number 12-3011-0757520-00  
Ref: SACHamps26  
Code: Please use club abbreviation E.G. \_ \_ \_ AK
- Multi-classification Swimmers:** Heats (mixed within general heats) and mixed gender MC finals will take place for all events except where TF are in place. MC swimmers (or coaches/team managers) who hold a classification with codes of exception should let the referee know as a courtesy before they swim. Any codes of exception will be noted within the swimmer's database profile. Technical Officials will use their best efforts to judge the swim under the applicable rules. If a swimmer requires assistance, the assistant must abide by the SNZ Member Protection requirements.
- Starts:** **Heats:** 'Over the Top' starts will be used and the WA One Start Rule (SW 4.4) will apply.  
**Finals:** The pool will be cleared between races.
- Heats:** **Heats will be seeded slowest to fastest.**
- Finals:** **There will be a mixed MC Open, Male and Female 12-13 years, 14-15 years, 16-17 years, and Open (Top 8 overall) final in each eligible event.**  
**Only 2 visitors will be eligible to qualify for each final.**  
**Open Final to be contested by Top 8 qualifiers including any visitors**
- 800 / 1500 Free:** **Open event restricted to the Top 24 entries. Up to four visitors entries per event will be accepted. Further visitors entries will be accepted if less than 20 ASA swimmers entries per event are received.**
- Tech Suits:** The ASA 12/U Tech Suit restriction **DOES NOT** apply to this meet
- Marshalling:** **Heats:** There will be no marshalling. Swimmers are to self-marshall at their lane just before the start of their event. No races will be delayed if swimmers fail to appear for their event.  
**Finals:** All finalists are to report to marshalling at least 4 races prior to their scheduled event

- Pool Deck:** **All Team Managers** must be on the SNZ Database and Police vetted.  
Officials must wear their Swimming Auckland Officials shirt and be police vetted.  
Clubs are to forward coaches and team managers names to the office at least 1 week prior to meet start.  
Coaches, Team Managers and Officials are required to enter via the designated entrance and sign in for each session.  
No access to the poolside area will be granted to persons not listed on the sign in schedule.
- Warm-up Supervision:** **It is a Swimming Auckland requirement that all swimmers are supervised during warm-up by their coach or a nominated supervisor as advised to Swimming Auckland prior to the start of the meet, and they must be signed in for each session. This is to ensure the Health and Safety of all swimmers during what can be a chaotic time.**
- Medals:** Medals will be awarded to the top three Auckland place-getters in each event by age group.  
**Male and Female:** 12-13 years, 14-15 years, 16-17 years and Open in each eligible event  
**Multi-classification:** Open-age mixed gender medals will be given for multi-classification finals based on a swimmer's performance against their respective world record.  
  
Age-Group medals will be awarded based on performance in Finals.  
Open Medals will be awarded to the Top 3 Places in the Open Final including visitors  
A maximum of two visitor medals will be awarded in each age-group in each event if finishing in the three places.
- Withdrawals:** **NO REFUNDS** for any withdrawals before or during the meet. Refunds for medical withdrawals may be considered if a signed doctor's certificate is supplied within 24 hours of notification of withdrawal.  
  
**Heats**  
All withdrawals Session 1 are to be received at the Auckland Swimming office by 12PM Thursday 12 March 2026. Withdrawals for Session 3 & 5 must be into the AOD control room within 15 minutes of the preceding session or emailed to [events@swimmingauckland.org](mailto:events@swimmingauckland.org) The same time frame applies to all email withdrawals.  
  
**Finals**  
**There is a \$50 finals withdrawal fee and this will be strictly enforced.**  
  
**Where swimmers have qualified for multiple finals in the same session and consequently need to withdraw from some events, scratching penalties may be waived by the meet director. In this case any withdrawals must be approved by the meet director prior to the end of the applicable heat session. Such withdrawals are to be arranged by team managers or coaches only.**  
  
**Withdrawals from finals must be into the AOD control room within 30 minutes of the finals list being posted.**
- Penalties:**  
R7.10.2 **A Penalty Fee of \$15 per event** will be charged for late or non-withdrawals from heats  
**A Penalty Fee of \$100 per Final** will be charged for late or non-withdrawals
- Protests:** Protest fee = \$100. Payable upon submission of correctly completed protest form.  
**Protests must be submitted within 30 minutes of the results posting.**
- Member Protection Policy:** SNZ operates a Member Protection Policy.  
  
All participants in this meet agree to be bound by the conditions of this policy as a condition of entry.  
  
**All participants must agree to comply with the Sports Anti-Doping Rules**
- Photography:** Spectators wishing to use long-lensed cameras must register with ASA 3 days prior to the meet commencing. Please send requests to: [events@swimmingauckland.org](mailto:events@swimmingauckland.org)  
In entering this Championship, participants agree to allow photograph, video, multimedia or film likeness taken by accredited photographers, to be used for any legitimate purpose by Swimming Auckland, their sponsors or other